



**Special  
Olympics**  
New York



## **New York City Region SUNY Maritime Swim Meet (Time Trial )Registration Packet**

Date: Saturday April 1st, 2023

Location: SUNY Maritime  
6 Pennyfield Avenue  
Bronx, NY 10465

Registration  
Deadline: **Friday, March 24th, 2023**

Send to: Emmanuel Lindsay  
Special Olympics New York 211  
East 43rd Street *Suite 1100* New  
York, NY 10017  
Fax: (212) 661-4658  
Phone: (646) 893-6219

Email to: [elindsay@nyso.org](mailto:elindsay@nyso.org)



# Events Offered

## Swimming

Event	Code	Event	Code
25Y Backstroke	SW25BK	100Y Freestyle	SW100MF
25Y Breaststroke	SW25BS	100Y Individual Medley	SW100IM
25Y Butterfly	SW25BF	200Y Backstroke	SW200BK
25Y Freestyle	SW25MF	200Y Breaststroke	SW200BS
50Y Backstroke	SW50BK	200Y Butterfly	SW200BF
50Y Breaststroke	SW50BS	200Y Freestyle	SW200MF
50Y Butterfly	SW50BF	200Y Individual Medley	SW200IM
50Y Freestyle	SW50MF	400Y Individual Medley	SW400IM
4x25 Free Relay	SW4x25MF	500YD Freestyle	SW500MF
4x25 Medley Relay	SW4x25MR	4x50 Free Relay	SW4x50MF
100Y Backstroke	SW100BK	4x50 Medley Relay	SW4x50MR
100Y Breaststroke	SW100BS		
100Y Butterfly	SW100BF		

## Quotas

This event has an open quota for swimming. We can accept many swimming athletes.

Your coaches' quota is determined by the number of athletes you bring. Each training club must have one coach per four athletes in swimming. Please be aware that all swimming coaches must be certified in swimming.



# Competition Guidelines

## Time Trial

- This competition is a time trial and will strictly be used to record times for athletes in their chosen races. Awards will **NOT** be given out at this event .

## Attire

- Athletes participating in swimming must be properly attired in bathing suits – athletes wearing shorts will not be allowed to compete.

## Lunch

- Lunch will not be provided for this competition

## Schedule of Events

Time	Event
9:00 a.m. – 10:00 a.m.	Coach Check In
10:00 a.m. – 10:15 a.m.	Opening Ceremonies
10:30 a.m. – 1:30 p.m.	Competition



## Certifications

- Swimming: All Swimming coaches must be certified in Swimming.

Should you have any difficulty or questions about meeting these requirements, please contact your regional office prior to the registration deadline.

Additional coaches above your quota number must be pre-registered with your contingent and approved by SONY. These individuals are not required to be certified, though it is recommended. Additional coaches typically include bus drivers, agency personnel or additional chaperone's for athlete supervision, and are to be brought at the contingent's expense unless otherwise approved.



## **Policies/Coaches Responsibilities**

### **Policy on the consumption of alcohol**

In 1989 the Special Olympics New York Board of Directors voted to eliminate the consumption of alcohol from all Special Olympics training and events, which includes all competition and training on local, area, sectional, and state levels. Consumption of alcohol is forbidden for any persons associated with this event from time of departure to the event to arrival back to the Area.

### **Medical Information**

- Coaches must be familiar with participants' health problems, medications and dosages.
- First Aid personnel will be in attendance for the entire event. Medical personnel are trained in both CPR and First Aid and will be readily identifiable
- All accidents and medical concerns must be reported to medical personnel regardless of the magnitude of the incident.

### **Coaches Responsibilities**

Coaches attending the NYC Region SUNY Maritime Swim Meet must accept and carry out the following responsibilities:

- Compliance with SONY's prohibition of alcohol and controlled substances at Special Olympics events.
- Providing for the general safety, health, welfare and well being of each athlete in his or her charge.



## Directions/Parking Information

### Transportation

Each Contingent is responsible for providing transportation to and from the area for the competition. If that is not possible please contact Emmanuel Lindsay to coordinate transportation.

### Venue Location

All events will be held at SUNY Maritime. We will be utilizing the Swimming Pool.

### Directions

#### Public transportation:

**From Manhattan:** Take the 6 train (green line) Uptown to Westchester Square Station and change to the Bx40 bus. Our campus is the last stop. Further information, including schedules, can be found at the MTA website.

The MTA offers express bus service between Manhattan and Throgs Neck. The BxM9, a second option, is an express bus costing \$5.50 each way, and its bus stop is at the intersection of Pennyfield Avenue and Harding Avenue. Additional information, including schedules, are at

<http://www.mta.info/busco/schedules/bxm9cur.pdf>.

#### **The Maritime College is easily accessible by car as follows:**

From Brooklyn or Queens: Via the Whitestone Bridge: Pay toll at extreme right booth, take immediate right exit to traffic light, turn right to next traffic light, turn right then left onto I-295.



Keep to right and take EXIT 9 (Harding Ave/Fort Schuyler) just before Throgs Neck Bridge. At EXIT 9 (Harding Ave/Fort Schuyler) take left fork, then make immediate right on to Harding Avenue. Proceed along Harding Avenue to stop sign. Turn left on Pennyfield Avenue to Maritime College gatehouse.

**From Manhattan (East Side): North on East River Drive (FDR Drive) to either:**

(a) Willis Avenue Bridge (no toll) then keep right to Bruckner Blvd. to ramp leading to I-278 Bruckner Expressway, then follow Throgs Neck Bridge signs to EXIT 9 (Harding Ave/Fort Schuyler) just before bridge. At EXIT 9 (Harding Ave/Fort Schuyler) take left fork, then make immediate right on to Harding Avenue. Proceed along Harding Avenue to stop sign. Turn left on Pennyfield Avenue to Maritime College gatehouse.

(b) Triboro (aka RFK) Bridge (toll) follow "New England" signs to Throgs Neck Bridge signs to EXIT 9 (Harding Ave/Fort Schuyler) just before bridge. At EXIT 9 (Harding Ave/Fort Schuyler) take left fork, then make immediate right on to Harding Avenue. Proceed along Harding Avenue to stop sign. Turn left on Pennyfield Avenue to Maritime College gatehouse.

**From Manhattan (West Side):**

**North on West Side Highway to 178 Street EXIT to I-95 North Cross Bronx Expressway. Follow Throgs Neck Bridge signs to EXIT 9 (Harding Ave/Fort Schuyler) just before bridge. At EXIT 9 (Harding Ave/Fort Schuyler) take left fork, then make immediate right on to Harding Avenue. Proceed along Harding Avenue to stop sign. Turn left on Pennyfield Avenue to Maritime College gatehouse.**